

What Happens After a Gastroscopy?

If you have had sedation, you will be considered legally impaired. You may feel sleepy after the procedure, so please have an adult accompany you home. You cannot drive until the following day. It is recommended that you do not operate equipment or do not do any strenuous activities. You should not be responsible for the care of another person. You should not sign legal papers, drink alcohol or use recreational drugs until the following day. You will be able to resume your regular diet and medications after your gastroscopy, unless otherwise directed by the doctor and/or nurse.

Who to Contact?

Call **911** if you have: Shortness of breath.

Call your **doctor** immediately if you have any of the following problems after your gastroscopy:

- Chills or fever (38.5C/101.3F and over).
- Severe belly pain or “gas pains” that do not go away.
- Black tarry stool.

If your doctor is not available, call **811** or go to the nearest **Urgent Care Clinic/ Emergency Department**.

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Resources and Supports

We aim to make this appointment as comfortable as possible by creating a welcoming and trusting environment through respectfulness and sensitivity to patient needs. However, we realize that the procedure performed can be difficult and uncomfortable for many individuals; both physically and emotionally. If you are finding yourself experiencing ongoing difficulties relating to today's procedure, we encourage you to reach out and talk about it with someone you trust, such as family, friends, community members, or professional care providers. Some available community services are:

- Healthlink BC - 811
- 211 Helpline
- Vancouver Island Crisis line
1-888-494-3888
- First Nations & Inuit Hope for Wellness
1-855-242-3310 or hopeforwellness.ca
- Métis Crisis Line
1-833-MétisBC (1-833-638-4722)
- Kuu-Us Crisis Line
1-800-588-8717
- Trans Life Line
1-877-330-6366

Although we strive towards excellent care for all, we acknowledge that this may not be everyone's experience. In order to better our services and meet the needs of others, we welcome feedback.

Please contact the Patient Care Quality Office:

P: 250-370-8323

Toll-free: 1-877-977-5797

E: patientcarequalityoffice@islandhealth.ca

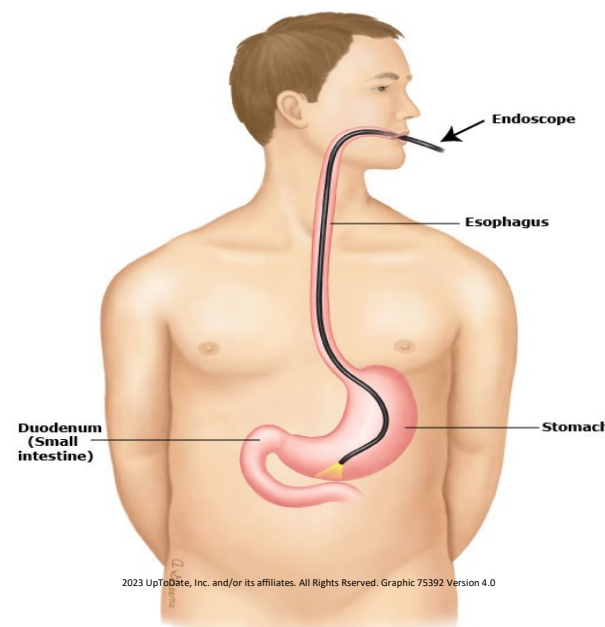
Gastroscopy

Patient Information

“Excellent health and care for everyone,
everywhere, every time”



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Outpatient Locations

What is a Gastroscopy?

A gastroscopy (also known as an “upper endoscopy” or “EGD”) is a procedure that takes about 15-20 minutes to complete. It looks at the inner lining of the tube that connects the mouth to the stomach (esophagus) and the first part of the small intestine (duodenum). A thin flexible tube with a camera is inserted by the doctor into your mouth and is advanced along the esophagus, stomach, and duodenum. A small piece of tissue (biopsy) may be taken from these areas to rule out microscopic or other concerns. The results of the gastroscopy will be sent to your primary doctor.

Reasons for Gastroscopy

Your doctor might order a gastroscopy if you have:

- Pain in your upper belly.
- A condition called “acid reflux”.
- Nausea and vomiting that has lasted a long time.
- Diarrhea that has lasted a long time.
- Black bowel movements or blood in your vomit.
- Trouble swallowing or the feeling of food getting stuck in your throat.
- Swallowed an object that should not be swallowed.
- Abnormal results from other tests of your digestive system.
- Had growths or ulcers in your digestive tract.

Gastroscopy Preparation

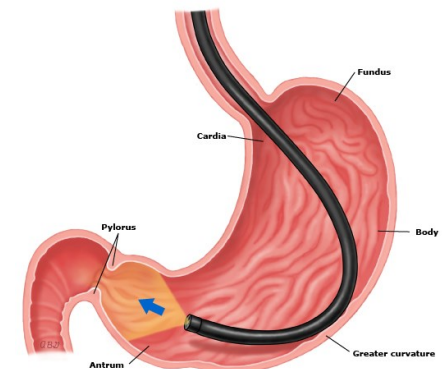
Your doctor’s office will give you specific instructions about what to do before a gastroscopy. It will tell you when you need to stop eating or drinking or if you need to stop taking any of your usual medications beforehand. Make sure you read the instructions as soon as you get them. Let your doctor know if you have trouble getting ready for your gastroscopy.

The Day of Your Gastroscopy

You cannot drive if you are receiving sedation, so please arrange a ride to and from the hospital. Have your Care Card and a list of your medication for the clerk when you check in. A nurse will interview you in the admission area to gather information for your health record. You will be asked to take off your clothing from above the waist, put a gown on, and lay down on a stretcher. The nurse will start an IV (intravenous line). If you wish to have the procedure, you will need to sign a consent when you feel comfortable with the information you have received. As with any medical procedure, there is a possibility of complications. Ask your nurse or doctor if you have questions about the risks and/or benefits of the gastroscopy prior to the procedure. You will be brought into the procedure room and attached to the monitoring equipment and oxygen. A topical freezing solution will be sprayed to the back of your throat. You will be asked to roll onto your side for the duration of the procedure. Your doctor will give you conscious sedation

(medication in the IV) to help you relax and reduce discomfort and anxiety during the procedure. A mouth guard will be applied to prevent you from biting on the scope and to allow the scope to glide over your tongue and down your esophagus. You will be able to breathe normally as your airway is not involved. It is normal to be somewhat awake, but you may also feel “sleepy” or “woozy”. The conscious sedation affects everyone differently and can also alter your memory. You may remember all the procedure, parts of it or none of it. The goal is to keep you comfortable.

When the procedure is over you will be taken to the recovery room. You will be monitored for 30 minutes or more. A nurse will explain your discharge instructions. If you have had sedation, you will need to stay in the discharge area until your previously arranged driver can accompany you home.



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